



*Eat 5 or more servings of fruits and vegetables every day!*

#### **FARMERS' MARKET SEASON**

August to October

#### **BUYING TIPS**

Choose carrots that are firm, smooth, evenly shaped and have a bright orange color. Do not choose those that are limp, shriveled, rough or cracked. One pound will serve 3 or 4 or equal 3 cups grated, 3½ c. to 4 c. sliced or diced.

#### **STORAGE**

Carrot greens or tops (if still attached) should be removed right after purchase. Carrots should be stored in the refrigerator in a plastic bag and are best if used within 1 to 2 weeks. Can also be frozen—contact your county Extension office for information.

#### **PREPARATION**

Wash well in cold water, scrubbing with a vegetable brush if needed. Carrots can be eaten raw or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of soup, stew or casserole.

To microwave: Add 2 tablespoons water to carrots (1/4 inch slices). Cover and cook 5 minutes (until tender). Let stand 1 minute.

#### **KEY NUTRIENT**

Vitamin A for vision, healthy skin, and resistance to infection.

#### **RECIPES**

##### *Glazed Carrots*

- 1 pound carrots, washed, peeled and cut into ¼" slices
- 1 tablespoons margarine
- 2 tablespoons brown sugar
- 1 tablespoon ground ginger

Add carrots to ½ cup of water. Bring to boil, reduce heat, and cook for 10 minutes. When tender, drain and set aside.

Melt margarine in medium skillet. Add sugar and ginger and mix. Add carrots. Cook 3 minutes over low heat, stirring so each carrot is glazed. 6 servings.

##### *Carrot and Zucchini Puff*

- 5 cups shredded carrots
- 2 cups shredded yellow squash
- 2 cups shredded zucchini
- 2 cups chopped scallions or green onions
- 2 cups eggs, slightly beaten
- ¼ cup packed brown sugar
- ¼ teaspoon grated nutmeg
- 2 tablespoons grated orange peel
- 2 teaspoons ground ginger
- pinch of black pepper

Preheat the oven to 350 degrees. Grease a 4-quart baking dish or spray with no-stick spray. In a large bowl, mix the carrots, zucchini, squash, scallions, egg, sugar, orange peel, ginger, nutmeg and pepper. Spoon into the prepared baking dish. Bake for 1 hour, or until puffed and golden and a knife inserted in the center comes out clean. 8 servings.

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